

St Benedict's Catholic Primary School

Curriculum Overview: PE



With Jesus, we learn,
love and laugh

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1	Fundamentals Ball skills	Sending and receiving Gymnastics	Dance Fitness	Invasion Yoga	Net and wall Team Building	Athletics Striking and Fielding
Year 2	Yoga Fundamentals	Invasion Yoga	Dance Ball skills	Gymnastics Net and wall	Sending and receiving Team Building	Athletics Striking and Fielding
Year 3	Football Fitness	Hockey Gymnastics	Dance Basketball	Yoga Rounders	Athletics Swimming	Swimming Tennis
Year 4	Netball Fitness	Gymnastics Tag Rugby	Swimming Dance	Swimming Yoga	Athletics Rounders	OAA Tennis
Year 5	Football Fitness	Gymnastics Dodgeball	Basketball Dance	Hockey Yoga	Swimming Athletics	Swimming Tennis
Year 6	Netball Fitness	Gymnastics Tag Rugby	Dance Basketball	Volleyball Hockey	Athletics Rounders	OAA Tennis